





## MEDICAL HISTORY AND SLEEP QUESTIONNAIRE

The purpose of this questionnaire is to help our physicians understand the nature of your complaints and possible sleep disorder. This information will be held in the strictest confidence. In order to assist us in serving you better, please answer each question completely and as accurately as possible.

**As the patient, please answer the following questions marking your answers in the Patient Response column. If applicable, have your sleep partner answer the questions according to his/her observation of your sleep patterns.**

	Patient Response	Partner Response
How long do you feel you've had a problem with your sleep?		
How many nights a week does your sleep problem affect you?		
On the average, how many hours do you sleep each night?		
How many times do you wake up each night?		
On the average, how long are you awake during the night?		
How long does it normally take you to fall asleep?		
Do you experience the inability to keep your legs still?		
Do you have any unusual sleep patterns? Please describe: _____ _____ _____	<input type="checkbox"/> YES <input type="checkbox"/> NO	<input type="checkbox"/> YES <input type="checkbox"/> NO
Are you currently working shift work? If yes, what shift? Rotating?	<input type="checkbox"/> YES <input type="checkbox"/> NO	

**Approximately how many ounces of the following beverages/foods do you consume daily?**

Coffee \_\_\_\_\_                      Soft drinks w/caffeine \_\_\_\_\_                      Chocolate \_\_\_\_\_  
 Decaf. coffee \_\_\_\_\_                      Black/Caffeinated Tea \_\_\_\_\_                      Herbal/Decaf Teas \_\_\_\_\_

**Check any of the following that you feel apply to you.**

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Nightmares        | <input type="checkbox"/> Palpitations      | <input type="checkbox"/> Feelings of panic         |
| <input type="checkbox"/> Unable to relax   | <input type="checkbox"/> Bowel disturbance | <input type="checkbox"/> Fainting                  |
| <input type="checkbox"/> Headaches         | <input type="checkbox"/> Dizziness         | <input type="checkbox"/> Tense feelings            |
| <input type="checkbox"/> Poor Memory       | <input type="checkbox"/> Depression        | <input type="checkbox"/> Difficulty with decisions |
| <input type="checkbox"/> Shyness           | <input type="checkbox"/> Insomnia          | <input type="checkbox"/> Poor home conditions      |
| <input type="checkbox"/> Suicidal thoughts | <input type="checkbox"/> Anxiety           | <input type="checkbox"/> Stomach problems          |

Answer the following questions utilizing the scale below. Please mark the number that best relates to your symptoms.

Evaluation Scale:	
1.	No problem, never occurs
2.	Mild problem, rarely occurs
3.	Moderate problem, happens occasionally
4.	Moderately severe problem, occurs frequently
5.	Severe problem, occurs frequently

Is your sleep disturbed by any of the following?:

- (a) Sleeping in an unfamiliar bed..... ① ② ③ ④ ⑤
- (b) Asthma..... ① ② ③ ④ ⑤
- (c) Coughing..... ① ② ③ ④ ⑤
- (d) Difficulty breathing in a flat position..... ① ② ③ ④ ⑤
- (e) Awakening due to regurgitation (throat burning, gagging)..... ① ② ③ ④ ⑤
- (f) Urgent need to urinate..... ① ② ③ ④ ⑤
- (g) Nasal congestion or stuffiness..... ① ② ③ ④ ⑤

How much difficulty have you had with the following?:

- (a) Daytime sleepiness; dozing off or struggling to stay awake..... ① ② ③ ④ ⑤
- (b) Fatigue, exhaustion or lethargy during the day..... ① ② ③ ④ ⑤
- (c) Do you snore while you sleep?..... ① ② ③ ④ ⑤  
Sleep partner's response..... ① ② ③ ④ ⑤
- (d) Actually falling asleep during the day..... ① ② ③ ④ ⑤  
Sleep partner's response..... ① ② ③ ④ ⑤
- (e) Work/studies compromised because of fatigue or sleepiness..... ① ② ③ ④ ⑤  
Sleep partner's response..... ① ② ③ ④ ⑤
- (f) Falling asleep while operating a motor vehicle..... ① ② ③ ④ ⑤  
Sleep partner's response..... ① ② ③ ④ ⑤
- (g) Accidents as a result of falling asleep while driving..... ① ② ③ ④ ⑤  
Sleep partner's response..... ① ② ③ ④ ⑤
- (h) Feeling sleepy/fatigued after an emotional change (anger/stress)..... ① ② ③ ④ ⑤
- (i) Feeling of weakness after a surprise or emotional change..... ① ② ③ ④ ⑤
- (j) Daytime hallucinations or dreaming..... ① ② ③ ④ ⑤
- (k) Not being able to move when first waking up, despite the feeling of being awake..... ① ② ③ ④ ⑤
- (l) Do you have pauses in your breath, stop breathing, or make "gagging" sounds when sleeping?..... ① ② ③ ④ ⑤  
Sleep partner's response..... ① ② ③ ④ ⑤
- (m) Do you wake up gasping for air or feel unable to breath when sleeping?.. ① ② ③ ④ ⑤

Do you have any other breathing problems during sleep? \_\_\_\_\_

Do you drink Alcohol?  YES  NO  
Do/Did you smoke?  YES  NO

If Yes, how much? \_\_\_\_\_

If Yes, how much? \_\_\_\_\_ a day, for \_\_\_\_\_ years

If Quit, Years since quit? \_\_\_\_\_

Have you ever seen a psychiatrist or mental health counselor?  YES  NO

If yes, please explain: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Is there any additional information pertaining to your sleep evaluation that you feel is important to explain? Is there anything you feel was not covered by this questionnaire? If so, please explain:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Are you on home oxygen?  YES  NO

- How many hours a day? \_\_\_\_\_ hours
- How many liters per minute during the day? \_\_\_\_\_ liters/minute
- How many liters per minute during the night? \_\_\_\_\_ liters/minute

**Medical History**

Please list any chronic present or past medical illness diagnosed by a physician (i.e., diabetes, hypertension, incontinence, etc.)

1.
2.
3.

Please list the medications you take on a daily basis. (Prescription and Over the counter)

Medication	Daily Dosage